



# The Quail Runner

For and By the Residents  
of The Villages of Quail Run



September - October 2021

Began Publishing 2003  
[www.QuailRunHudson.com](http://www.QuailRunHudson.com)

Hudson, Massachusetts



## Interesting Place to Visit

\*\*\*\*\*

### The American Heritage Museum

Are you looking for an interesting place to visit this Fall? Here is a "Hidden Gem" close by!

Located in Stow less than five miles from Quail Run is the American Heritage Museum. The museum was opened in May 2019 and according to visitor reviews on TripAdvisor, Yelp and Google, it is "a great way to spend an afternoon, with top quality exhibits, knowledgeable and friendly volunteers, informative videos and many one-of-a-kind military artifacts".

The American Heritage Museum is housed in a 65,000 + square foot building located at the Collings Foundation's headquarters. The Collings Foundation is a non-profit educational institution founded in 1979. Its purpose is to organize and support "living history" events and the preservation and exhibition of historical artifacts that enable Americans to learn more about their heritage.



The idea of the American Heritage Museum began when the Foundation was selected to receive the world's largest privately held collection of tanks and military vehicles from the family of the late Jacques M. Littlefield in 2013. A year later the Collings Foundation auctioned off 120 of the vehicles to fund the creation of their new museum and the remaining vehicles became the centerpiece of the museum.

Through a series of chronologically arranged dioramas and exhibits from the Revolutionary War to 9/11 and the War on Terror, the Museum has created the opportunity for visitors to explore, learn and experience the history of our country and its veterans.

Hours: Wednesday - Sunday  
10:00AM - 5:00PM

Admission fees are \$20.00 for Adults, \$18.00 for Seniors (62 plus), \$18.00 for Active Duty Military (w/ ID) & Veterans and \$10.00 for Children (12 and Under). Admission is Free for WWII & Korea Veterans.

For more details and pictures go to their website at: <https://www.americanheritagemuseum.org/> or Facebook page at: <https://www.facebook.com/americanheritagemuseum/>

*Note:* The American Heritage Museum is open year-round and they encourage visitors to plan for an average two-hour visit. A variety of fantastic living history events are held on various weekends during the Spring, Summer and Fall at which time other Collings Foundation collections are also available for viewing.

- Submitted by Sue Lalli



## Contents

- American Heritage Museum - 1
- Birthdays - 4
- Book Club - 6
- BOG - 2, 6
- Bridge Games - 8
- Bridge Replacement Project - 7
- Cider Donut Reviews - 9
- Cribbage - 10
- Curtain Call - 4
- Editor's Desk - 2
- For Sale - 9
- Free Items - 10
- From My Kitchen to Yours - 11
- Healthy Living - 3
- Hudson Food Pantry - 4
- Hudson/Marlboro Hazardous Waste Day - 10
- Intel - 7
- Juliet's - 7
- Mahjong - 12
- New Residents - 4
- Poker - 6
- QR Bowlers - 7
- QR Directory August Updates - 4
- QR Communications - 2
- QR Library - 7
- QR Neighborhood & Town News - 5, 9
- QR Real Estate - 2
- QR Social Comm. - 9
- Quail Runner Staff - 2
- Romeo's - 3
- Social Comm. - 9
- Stitch & Knit - 4
- Technology - 8
- Vacation Delivery - 2

Board of  
Governors News  
Page 6

## The Quail Runner Staff

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 Healthy Living: **Peggy Rittenhouse**

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**Cathy Bernhardt**  
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**Newsletter Published** the first week of February,  
 April, June, August, October, December.

**Newsletter Deadline** the 23rd of previous month.

**You can view all the back issues of the Quail  
 Runner Newsletter on:**

**www.QuailRunHudson.com**

## Vacation Delivery

Give your Circle Reporter or the Editor a long  
 envelope with two first class stamps, and print  
 your name and vacation address on the envelope.  
 Or you can view all published issues online at:  
**www.QuailRunHudson.com**

### Editor's Desk, Kareen Shaw

Many thanks to **Sally Mauro**, 1D  
 Strawberry Lane, and **Mark Reid**, our  
 Quail Run Webmaster, for updating our  
 website. To review all the website  
 information, go to [QuailRunHudson.com](http://QuailRunHudson.com).



### Searching for:

1. *A writer* for the QR "Technology Corner". This person would submit articles for the technology column. **Carole Perla** currently submits articles on Apple products, and we are searching for a person who could cover topics dealing with android phones, tablets (non-apple), computers with Microsoft OS or other non-Apple products.
2. *Advertising Manager* - this person would manage the business aspects of working with our current and new advertisers, send out billing notices, coordinate and track payments. **Lelah Willoughby** has done a fantastic job and would like to "retire".

If you are interested in either of these positions, please contact **Kareen Shaw**, [kareenshaw@comcast.net](mailto:kareenshaw@comcast.net).

### Real Estate Transactions at Quail Run



6 B Autumn Drive, A Style, \$399,000,  
 sold for \$410,000  
 2 D Rotherham, A Style, \$399,900, sold for \$450,000  
 2 A Strawberry, C Style, \$429,900, sold for \$452,000  
 8 B Strawberry, A Style, \$429,000, sold for \$430,000  
 7 B Strawberry, A Style, sold for \$420,000

- Submitted by **Barbara Kansky**

## Our Board of Governors

**Mike McCormack** [Mocrown@verizon.net](mailto:Mocrown@verizon.net) 978-562-1266  
**Dave Bernhardt** [dbernhardt@twotonedog.com](mailto:dbernhardt@twotonedog.com) 978-568-1671  
**Pat Ritter-Waltrup** [ritterwaltrup@gmail.com](mailto:ritterwaltrup@gmail.com) 978-562-5227  
**Klaus Schneller** [kssmet@verizon.net](mailto:kssmet@verizon.net) 978-562-1779  
**Diane Bemis** [dianegbemis@yahoo.com](mailto:dianegbemis@yahoo.com) 978-310-7676

This information appears on page 2 in the *Quail Run Directory*.

*BOG Monthly Meetings are open to all Quail Run unit owners, please check for dates and times on the Quail Run website.*

## HEALTHY LIVING

by Peggy Rittenhouse

### An Interesting Research Study



In my internet search for information about COVID-19, I came across an interesting study.

In this study reported in **The British Medical Journal** entitled “Plant-based diets, pescatarian diets and COVID-19 severity: a population-based case-control study in six countries”. Healthcare workers from France, Germany, Italy, Spain, UK, and the USA, with substantial exposure to COVID-19, completed a web-based survey from July to September 2020.

Participants provided information on demographic characteristics, dietary information, and COVID-19 outcomes. There were 568 COVID-19 cases and 2316 controls. Among the 568 cases, 138 individuals reported moderate-to-severe COVID-19 severity, whereas 430 individuals had very mild to mild COVID-19 severity.

After adjusting for important confounders (variables), participants who reported following plant-based diets or pescatarian (fish) diets had 73% and 59% lower odds of moderate-to-severe COVID-19 severity, respectively, compared with participants who did not follow these diets.

Compared with participants who reported following plant-based diets (vegetables, legumes, nuts), those who reported following low carbohydrate, high-protein diets (poultry, red and processed meats) had greater odds of moderate-to-severe COVID-19, respectively.

Their conclusion: plant-based diets or pescatarian diets were associated with lower odds of moderate-to-severe COVID-19. These dietary patterns may be considered for protection against severe COVID-19.

So, it sounds like your mother’s plea to “eat your vegetables” is good advice.

## Want to spend some money and save some other money?

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Stay tuned for information regarding Windows 10 and a new release of Windows 11, coming in the month of October. Details in the next *Quail Runner Newsletter*.

- Submitted by **Dave Bernhardt**.

Quail Run residents on tour of Philadelphia in September, visiting the Liberty Bell, Amish Country, and enjoying a night on the town attending a dinner and theater event.



*Nancy, Sally, Claire, Marie, Marlie, and Lorraine*

### More truths for senior citizens ...

- Map Quest really needs to start the directions on #5, I’m pretty sure I know how to get out of my neighborhood.
- I have a hard time deciphering the fine line between boredom and hunger.
- I think part of a best friend’s job should be to immediately clear my computer history if I die.
- I can’t remember the last time I wasn’t at least kind of tired.

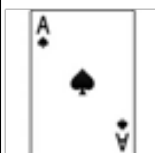
- Submitted by **Kevin Fitzgerald**

### ROMEO’s

#### Retired Old Men Eating Out

**Peter Recklet** is checking out the options for the next lunch. He will send an email with the details.

Please contact Peter at 978-562-2721 or [precklet@live.com](mailto:precklet@live.com) if you plan to attend. The group is open to all men at Quail Run.



### POKER PLAYERS WANTED

Every Monday of each month, 4:00-6:00 PM, at the Community Center.

Contact **Lenny Suslowicz** at 978-212-5141

### Quail Run Birthdays

#### October

Claire Kilcommins- 4  
 Barbara Picarello- 5  
 Ralph Trask-7  
 Nancy Puia-7  
 Rosalie Green-11  
 Ken Hart-12  
 Marc Marcello-15  
 Helen Montgomery-17  
 Mary T. Brown-21  
 Judy Johnson-21  
 Paul Bongiorno- 20  
 Nancy Dome-20  
 Harold Edelstein-26  
 Harry Morgan-30



#### November

Nicole Baker-1  
 Bob Rittenhouse-1  
 Rosemary Fitzgerald-4  
 Jim Carvalho-6  
 Susan Bleeker-6  
 Tamara Boriakoff-18  
 Patricia Smith-19  
 Donna Milot-25  
 Ellen Ferri-26  
 Betty Moore-30

To include a birthday,  
 contact your Circle  
 Reporter or the Editor

### Quail Run Directory August 2021 Updates

- \* **Jeff Coulson**, email: [jlcouls@hotmail.com](mailto:jlcouls@hotmail.com)
- \* **Dave and Betty Moore**, new email: [MrsBettyMoore68@gmail.com](mailto:MrsBettyMoore68@gmail.com)
- \* **Gary Hegan**, telephone number: 978-310-7360
- \* **Cribbage** is played every Friday from 10-12:00

### Stitch & Knit

The Stitch & Knit Group meets at the Community Center the 4th Tuesday of every month from 2:00 - 4:00 PM. New members are welcome! Contact **Marie Kapsalis** at 978-568-0713.



**Columbus Day  
 October 11th**

### CURTAIN CALL

Meetings are usually held on the first Tuesday of the month, when members of the group meet and select local theater performances to attend.



Please contact me if you would like to be added to the Quail Run Curtain Call Mailing list. **Lorraine Cochran**, ([lorrainecochran@comcast.net](mailto:lorrainecochran@comcast.net)), 978-568-0165.

Please tell our advertisers you saw their ad in the *Quail Runner Newsletter*

### New Resident Information



**Jeff Coulson**, 2D Rotherham Way, 203-500-4618, [jlcouls@hotmail.com](mailto:jlcouls@hotmail.com) and **Joyce Coulson**, 203-500-4296, [jacouls214@hotmail.com](mailto:jacouls214@hotmail.com). They moved to Quail Run to be closer to family.

**David Simpson**, 6B Autumn Drive, 508-250-8808, [davidsimp@aol.com](mailto:davidsimp@aol.com), and **Sharon Simpson**, 508-369-8461, [sharonasimp@aol.com](mailto:sharonasimp@aol.com). They were looking for an over 55+ community in a country setting near a medium sized town.

**Paul Bongiorno**, 7B Strawberry Lane, 508-481-7691, [paulabong2@yahoo.com](mailto:paulabong2@yahoo.com), **Carolyn Bongiorno**, 508-481-7691, 508-573-0991 (c), [cfbongiorno@yahoo.com](mailto:cfbongiorno@yahoo.com).

**Magdi Ishak**, 8B Strawberry Lane, 508-481-1612, 508-816-1252 (c), [magdiishak@verizon.net](mailto:magdiishak@verizon.net), **Lynne Ishak**, 508-481-1612, 508-740-0713 (c), [lynneishak@gmail.com](mailto:lynneishak@gmail.com).

Please contact **Marlie Stott** at 978-567-5912 or **Carol Suslowicz** at 978-212-5141 if someone new moves to Quail Run.



### Eye Glass Donations

The Stow Lions Club collects old eye glasses. If you would like to donate, please contact me. Thank you!

- Submitted by **Arnie Johnson**

The Quail Run Community collects for the Hudson Food Pantry

Items and/or checks can be dropped off at **Barbara Baker's** home at 4 D Autumn Drive.

Thank you so much for your continuing generosity.

- **Barbara Baker**

**Store Hours:**  
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*Town of Hudson News*

**Special Town Meeting** is scheduled for Monday, November 15, 2021 at the Hudson High School Auditorium. For new town residents the last day to register to vote at this Special Town Meeting is Friday, November 5, 2021. For more information or questions contact the Town Clerk's Office at 978-568-9615 or go to the Town website at <https://www.townofhudson.org/town-clerk>.

**The Hudson Swap Shed** is a local place where residents can drop off or pick up used items that are in good working condition based on the old adage that "one person's trash is another person's treasure." Did you know that Hudson has a Swap Shed located at the Hudson Transfer Station at 300 Cox Street?


Recycling Volunteers from Green Hudson open the swap shed on the 1st and 3rd Saturdays of the month from 9:00 to 1:00. Guidelines are posted on the door but basically only small, clean and unbroken household items accepted; no TV's, computers or printers. Green Hudson is also looking for volunteers at the Swap Shed.

For more information send an email to [info@greenhudson.org](mailto:info@greenhudson.org) or check out their flier [https://www.townofhudson.org/sites/g/files/vyh1if3281/f/news/recycling\\_volunteers\\_needed.pdf](https://www.townofhudson.org/sites/g/files/vyh1if3281/f/news/recycling_volunteers_needed.pdf)



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*(Town of Hudson News continued)*  
 Stay Informed. Did you know that you can receive email alerts from the Town?

Go to the Town website at: <https://www.townofhudson.org/> and click on the STAY INFORMED button. Add your email address and then click on the notifications that you wish to receive such as Urgent Alerts, the Senior Center Newsletter or whatever else you are interested in.

- Submitted by **Sue Lalli**

*I'm writing a book about all the things I should be doing in my life.  
 It's an "oughtobiography"!*

**Signs...**



In a Podiatrist's Office: "Time wounds all heels."

On a Septic Tank Truck: "Yesterday's Meals on Wheels."

At an Optometrist's Office: "If you don't see what you're looking for, you've come to the right place."

On a Plumber's Truck : "We repair what your husband fixed."

At a Tire Shop: "Invite us to your next blowout."

On an Electrician's Truck: "Let us remove your shorts."

In a Non-smoking Area: "If we see smoke, we will assume you are on fire and will take appropriate action."

In the front yard of a Funeral Home: "Drive carefully. We'll wait."

At a Car Dealership: "The best way to get back on your feet - miss a car payment."

Outside a Muffler Shop: "No appointment necessary. We hear you coming."

- Submitted by **Karen Shaw**



## September Board of Governors (BOG) News



Welcome to Fall. With COVID-19 cases still high due to the Delta variance, hope everyone is being cautious. Also, welcome to all of the new Quail Run unit owners. Hopefully as a new unit owner you have taken the time to read the Rules and Regulations received from The Dartmouth Group and welcoming committee member.

Items in the Rules and Regulations that seem to currently be missed, are what may be displayed in planting beds, requirements that front porch furniture must be white, and the requirement for always leashing dogs and cats when they are outside without regard to the hour.

The Association is responsible for the maintenance of decks and porches. This means to maintain and repair anything that is unsafe. It does not include cleaning. Cleaning of porches and decks are the responsibility of the unit owner/resident since they are for the exclusive use of the unit owner/resident. Power washing is not allowed.

Thanks to all unit owners/residents for being available for the inspection of our fire alarm and sprinkler systems. The inspection did not go as smoothly as anticipated, but folks did accommodate the changes and all units were inspected. A big thanks to **Diane Bemis** and **David Bernhardt** for accompanying the Norel technician into every unit. Also, the Board would like to extend an apology to our Jewish population for scheduling this inspection during the two-day Rosh Hashanah holiday. By the time we became aware that the inspection was during a high holy day period it was too late to change the schedule. We will make sure this does not occur again.

During the inspection of the units, the master key was checked in all units. Unit owners/residents were told when the master key did not work and given the contact information of the local locksmith. Per the Association By-laws, access must be provided to the Association in cases of emergency or notified scheduled events. The easiest way for everyone to do that is to make sure that your front door lock is compatible with the Quail Run master key.

All shrubs and plants in planting beds have been pruned. Also, over 200 trees were pruned. No healthy tree(s) will be removed because a unit owner(s) does

not like the tree and the Association will not remove and/or replace everything from a planting bed due to a unit owner request. Shrubs removed from planting bed will not be replaced by the Association.

There is a list of items missing from the Community Center and shed. There are three boxes of scalloped cedar shingles and a ladder missing from the shed. There are ten missing chairs from the Community Center along with a list of miscellaneous items. Outside lights were left on one night after they had been turned off by the last group that used the center that evening. The coffee pot was on one morning, and the thermostat was not reset on one or more occasions. This is very disturbing and will be addressed. If you have borrowed something and failed to return it, please do so immediately. Up until now, access to the Community Center has been totally open to all unit owners/residents, but something must be done to stop this pilfering.

Use of The Dartmouth Group after hours number is for emergencies (e.g. life, blood, fire, etc.). All calls to The Dartmouth Group telephone number after 5:00 PM Monday through Friday and on weekends go to the after-hours number. Non-emergency after-hour calls and their directly related charges will be billed to the unit owner. If you need to contact The Dartmouth Group about a routine matter, please do so during their weekday daytime office hours.

The Board approved a new three-year contract with J&J&Son Lawncare for landscaping.

Scott Forbes will be repairing the shed to stop the water infiltration.

Massachusetts Wildlife continues to request that we temporarily remove all bird feeders and bird baths. There is a virus that is killing birds and the congregation of birds may cause the disease to spread. Also, bird baths are a primary breeding ground for mosquitoes which may carry West Nile or Triple E.

**Please do not drive beyond the property posted speed limits!**

Hope everyone enjoys the cooler Fall temperatures.

## Book Club

The group meets the last Wednesday of each month. Please call Phyllis with any questions regarding the time and location for the next meeting. **Phyllis Novick** at 978-263-0659 or [phyllisnovick8@gmail.com](mailto:phyllisnovick8@gmail.com)



FIVE BRAIN-TWISTERS



1. A murderer is condemned to death. He has to choose between three rooms. The first is full of raging fires, the second is full of assassins with loaded guns, and the third is full of lions that haven't eaten in three years. Which room is safest for him?
2. A woman shoots her husband. Then she holds him under water for over five minutes. Finally, she hangs him. But five minutes later they both go out together and enjoy a wonderful dinner together. How can this be?
3. What is black when you buy it, red when you use it, and gray when you throw it away?
4. Can you name three consecutive days without using the words Wednesday, Friday or Sunday?
5. This is an unusual paragraph. I'm curious as to just how quickly you can find out what is so unusual about it. It looks so ordinary and plain that you would think nothing was wrong with it. In fact, nothing is wrong with it! It is highly unusual though. Study it and think about it, but you still may not find anything odd. But if you work at it a bit, you might find out. Try to do so without any coaching!

(For answers, go to page 9, no peeking!!)



November 11th

Gleasondale Bridge Replacement Project

MassDOT is finally replacing the Assabet River bridge on Rte. 62 in Gleasondale (Stow), that's had a single-lane traffic signal for a couple of years.

This Fall they will demolish the northbound (downstream) half of the bridge, which will be rebuilt next Spring. Then, traffic will shift to the new span while they demolish and rebuild the other half. Full details are provided in a presentation that MassDOT made to Stow on Sept. 1, which is available online.

The new span will have sidewalks and bike lanes on both sides, and a canoe launching site at the north-east corner. The bridge is expected to reopen in the Fall of 2022.

- Submitted by Dave Bernhardt

JULIETS NEWS

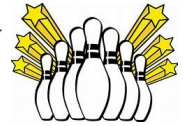


October 21st, Thursday at 12:30 at Stephen Anthony Restaurant, Route 20, Marlboro, separate checks. Contact: Marlie Stott, 978-567-5912.

November 16th, Tuesday at 12:30 at the Chill Restaurant, Route 20, Marlboro, separate checks. Contacts: Bonnie DeRusha 508-481-6315 and Lee Rouse 978-562-6673. Sign-up sheets are available in the Community Center.

QUAIL RUN BOWLERS -

If you are interested in bowling, we bowl at the Acton Bowling Lanes every Wednesday morning. Please call Carole Mahoney, 508-746-8635, or Donna Milot 978-562-6603 for more information.



QUAIL RUN LIBRARY -



The Community Center Library is open. Please use the baskets when returning the books to the library. Contact person: Alison Towle, 978-568-0806.



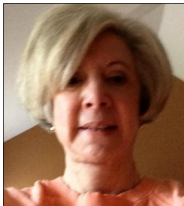
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## Identify and filter junk mail in iCloud

- by Carole Perla



Find out how iCloud filters out unwanted bulk email messages, also known as junk mail or spam, and how to delete and minimize junk mail.


iCloud uses trend analysis, dynamic lists and other technology to automatically detect and block junk mail before it reaches your inbox. While there isn't a way to completely stop junk mail from reaching your inbox, these tips can help reduce the amount of junk mail you receive.

### Don't open suspected junk email

Delete any messages that look like junk mail before you open them. Find out how to delete emails on your iPhone, iPad or iPod touch and how to delete emails on your Mac. You can also manage junk mail on iCloud.com. When you open an email that looks like junk mail, it can alert spammers that their message was received and opened from an active email account.

### Prevent images from loading automatically

Spammers use the email image-loading feature to determine whether your email account is active. Here's how to keep images from loading automatically:

- On your iPhone, iPad or iPod touch, go to Settings > Mail, then turn off Load Remote Images.
- In Mail on your Mac, choose Mail > Preferences. In the Viewing tab, turn off "Load remote content in messages".
- In iCloud Mail, click the gear icon  in the sidebar, then choose Preferences. Click General, then turn off "Load remote content in messages". Then click Done.

### Consider using an iCloud email alias

You can use an iCloud email alias to prevent junk mail from being sent to your primary iCloud email address. For example, you can use your primary iCloud email address for emailing friends and family, but use an email alias for online registrations, purchasing products and joining mailing lists. This makes it easier for you to monitor the sources of unwanted messages.

Find out how to create and use an email alias on iCloud.com.

### Report junk mail

To make sure future messages from the same sender are marked as junk, you can report messages as junk in the Mail app.

- On your iPhone, iPad or iPod touch, swipe left on the message, tap More, then tap Move to Junk.
- On your Mac, select the message and click the Junk button in the Mail toolbar. Or you can drag the message to the Junk folder in the sidebar.
- On [iCloud.com](https://www.icloud.com), select the message, then click the Flag button and choose Move to Junk. Or you can drag the message to the Junk folder in the sidebar.

### Mark legitimate emails as not junk

Filtering out junk mail can block a legitimate email from reaching your inbox. If you feel that a legitimate email message was filtered accidentally, you can mark it as not junk so that any future messages from the same sender go to your inbox:

- On your iPhone, iPad or iPod touch, open the message in the Junk folder, tap the Move to



Folder button at the bottom of the screen, then tap Inbox to move the message.

- On your Mac, select the message in the Junk folder and click the Junk button in the Mail toolbar. Or just drag the message to the Inbox in the sidebar.
- On [iCloud.com](https://www.icloud.com), click the Junk folder in the sidebar. Select the message, then click Not Junk at the top of the message window. Or just drag the message to the Inbox in the sidebar.
- For other mail clients, move the message from the Junk folder to the inbox

This article appears in [support.Apple.com](https://support.apple.com)

Published Date: July 23, 2021



**PLAY BRIDGE ON MONDAYS**  
Community Center  
1:00 - 3:00 PM

Contact person:  
**Theresa Bosio, 978-568-1416**





### *It's Fresh Apple Cider Donut Time!*

Fall is here and that means it's time for some New England favorites like apple and pumpkin picking, leaf-peeping, and apple cider donut-eating!

We recently saw a story on the Channel 4 Evening News about a Cambridge man known as "Alex (Schwartz) the Cider Donut Reviewer" who has an obsession with fresh hot apple cider donuts! Last year to satisfy his cravings he began to search each of the six New England states for the orchards and farm stands serving up his favorite Fall treat. He then created an interactive map for the general public to use to find the almost 200 locations he discovered. In addition to the map, he provides reviews of the donuts on Instagram.

We, at Quail Run, are quite fortunate to have a number of Alex's recommended donuts located in six towns not too far away. So in case you love cider donuts fresh and hot like Alex, here is a list of those places you can visit before the first snow flies!

**Acton**

Idylwilde Farm Market, 366 Central Street

**Berlin**

Berlin Orchards, 310 Sawyer Hill Rd (Rte 62)

**Bolton**

Bolton Orchards, 125 Still River Road (Rte 117)

Bolton Springs Farm, 149 Main Street (Rte 117)

**Framingham**

Hanson's Farm, 20 Nixon Road

**Northboro**

Davidian's Farm Market, 500 Church Street

Tougas Farm, 234 Ball Street

**Stow**

Carver Hill Orchard, 101 Brookside Avenue (off Rte 62 East)

Derby Ridge Farm, 438 Great Road (Rte 117)

Honey Pot Hill, 16 Boon Road (off Rte 62 East)

Shelburne Farms, 106 West Acton Road

To read more about Alex and see his map, check out the story featured in Boston Magazine at <https://www.bostonmagazine.com/news/2021/09/08/new-england-cider-doughnut-map/>.



- Submitted by **Joe and Sue Lalli**

*From Page 7 - Brain Twister Answers:*

1. The third room. Lions that haven't eaten in three years are dead. That one was easy, right?
2. The woman was a photographer. She shot a picture of her husband, developed it, and hung it up to dry (shot; held under water; and hung).
3. Charcoal, as it is used in barbecuing.
4. Sure you can name three consecutive days, yesterday, today, and tomorrow!
5. The letter e, which is the most common letter used in the English language, does not appear even once in the paragraph!

### *Social Committee Plan Ahead Schedule*

COMMUNITY COFFEE HOUR - Saturday, October 2nd, 9:30 - 11:00, \$2.00 per person

LADIES COFFEE HOUR - Monday, October 18th, 9:30 - 11:00, \$1.00 per person



COMMUNITY COFFEE HOUR - Saturday, November 6th, 9:30 - 11:00, \$2.00 per person

LADIES COFFEE HOUR - Monday, November 22nd, 9:30 - 11:00, \$1.00 per person

### *Window Treatments For Sale*

We are redecorating our two bedrooms, and we have 3 Hunter-Douglas "Silhouette" pleated shades for sale, two years old, virtually new – excellent blemish free condition. All are two inch deep "vane" size.

\* 1 piece fits A-style 2nd floor bedroom window; inside dims 57-3/4W x 47H, color Brio-Tuscano (tan; goes great with Navajo White). Asking \$100.

\* 2 pieces fit A-style (and most other) 1st floor bedroom windows, inside dims 32W x 54-3/4 H, color Mystere-Cerulean (medium blue). Asking \$50 each.

Please call 978-568-1671 to arrange to see the window treatments. They are a bargain at these prices, trust us!

- Submitted by **Dave and Cathy Bernhardt**

### Popeye The Sailor Man - Who Knew?



His real name was Frank "Rocky" Fiegel. He was born in 1868 in Poland and, as a child, immigrated to the United States with his parents, who settled down in a small town in Illinois.

As a young man, Rocky went to sea. After a 20 year career as a sailor in the Merchant Marines, Fiegel retired. He was later hired by Wiebusch's Tavern in the city of Chester, Illinois, as a 'Bouncer' to maintain order in the rowdy bar. Rocky quickly developed a reputation for always being involved in fighting (and usually winning). As a result, he had a deformed eye ("Pop-eye"). He also 'always' smoked his pipe, so he always spoke out of one side of his mouth. In his spare time as a Bouncer, Rocky would entertain the customers by regaling them with exciting stories of adventures he claimed to have had over his career as a sailor crossing the 'Seven Seas'.

The creator of Popeye, Elzie Crisler Segar, grew up in Chester and, as a young man, met Rocky at the tavern and would sit for hours listening to the old sailor's amazing 'sea stories'.

Years later, Segar became a cartoonist and developed a comic strip called 'Thimble Theater'.

He honored Fiegel by asking if he could model his new comic strip character, 'Popeye the Sailor Man' after him. Naturally Fiegel was flattered and agreed.

Segar claimed that 'Olive Oyl', along with other characters, was also loosely based on an actual person. She was Dora Paskel, owner of a small grocery store in Chester. She apparently actually looked much like the Olive Oyl character in his comics. He claimed she even dressed much the same way.



Through the years, Segar kept in touch with Rocky and always helped him with money, giving him a small percentage of what he earned from his 'Popeye' illustrations.

WHO didn't love the cartoons??? We watched them religiously ... so funny, so moral ... each story had a good ending ... wonder if kids these days even KNOW who Popeye is??? Who knew he was a real man??? Awesome!!!

Popeye was a short, but muscular man. He gained strength and power by just eating his can of spinach. Popeye always had a pipe in his mouth, but you never saw him put tobacco in the pipe. Popeye's catch phrase was, "I Yam What I Yam".



(Story published by a Newspaper in Arizona)

- Submitted by **George Shaw**

### Household Hazardous Waste Collection Day

The Town of Hudson in conjunction with the City of Marlborough has announced the bi-annual Household Hazardous Waste Collection Day. This event is FREE of charge and for Hudson and Marlborough residents ONLY who must be prepared to show proof of residency. The event will be held on Saturday, October 16th from 9:00 - 1:00 at 860 Boston Post Road, Marlborough (Easterly Wastewater Treatment Facility).

For a list of acceptable items visit [townofhudson.org](http://townofhudson.org) and search for household hazardous waste day.

Hudson and Marlborough Police will also be on-site to collect unwanted or expired medications.

- Submitted by **Joe and Sue Lalli**

### Cribbage



### Cribbage Games

The group meets every Friday from 10:00 - 12:00, at the Community Center. Contact person is **Dave Sanderson**, 978-212-5655.

### Free Item

Living room custom stationary drapes with swags and valances: material is a light cream/tan color, and has decorative light green vines throughout. The drape set fits over the glass slider and the living room window in an "A" end unit. There is also a window drape set that matches in the dining area. Please call for more details. Contact: **Mary Brown**, 978-212-5358.

**From My Kitchen to Yours**

I used to groan whenever a recipe called for a roux. Basically, a roux is a combination of 1 measure of oil (I prefer butter) and 2 measures of flour, cooked gently for at least 10 minutes for the most basic “white roux”. The *groan* is because a roux requires continuous stirring to assure that the flour doesn’t burn, and my preferred roux is a “blonde roux” which requires a good 20 minutes to cook. If you really need a dark roux, you’ll be stirring for 30 to 40 minutes. That’s a *big* groan. And to do this every time a recipe wants you to add roux as a thickener? Ugh!

So, I cheat! I make a batch of roux, then store it! Melt 4 tablespoons of butter in a small heavy-bottom cook pot. When the butter starts to bubble, add 1/2 cup (8 tablespoons) of flour, and stir it in. Continue to cook just barely at a simmer, stirring constantly to keep it from burning, for at least 10 minutes. This is a task requiring a good whisk! For basic thickening, that’s probably enough. If you want to bring out a little of the “nut” flavor in the flour, though, you need to continue cooking, and you’ll notice that the roux will begin to darken. By 20 minutes it will be a light brown “blonde”, and by 35 minutes it will be a richer, darker brown.



Of course, a purist would insist on using fat right from the cookpot to make their roux, which would obviously need to be made *on-the-fly*. My apologies to Julia Child, but I’m just not that fussy about my roux!



When your roux has cooked to your satisfaction, take a small heat-proof bowl with a tight-fitting lid (I use a small ceramic ramakin), and pour your precious roux into it. Cover tightly and refrigerate. The roux will keep for a long time – easily 6 months.

Each time you need some roux to thicken a sauce, chisel out a small chunk using the tip of a serving spoon or a dinner knife, and toss the piece into the sauce. It will melt and begin to thicken the sauce very quickly. The best part is that you can start by adding just a little roux, and go back and add another piece if you need more, without having to cook another batch! *Voila!* “Instant Roux”. Without the headache of having to cook the darned thing every time.

- Submitted by **Dave Bernhardt**

**The UPS Store - Hudson**  
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**QUESTIONS THAT KEEP ME AWAKE AT NIGHT!**



1. Why is the third hand on the watch called the second hand?
2. If a word is misspelled in the dictionary, how would we ever know?
3. Why do we say something is out of whack? What is a whack?
4. Why does "slow down" and "slow up" mean the same thing?
5. Why do we sing "Take me out to the ball game" when we are already there?
6. Doesn't "expecting the unexpected" make the unexpected expected?
7. Why is "phonics" not spelled the way it sounds?
8. If work is so terrific, why do they have to pay you to do it?
9. If all the world is a stage, where is the audience sitting?
10. Why do you press harder on the buttons of a remote control when you know the batteries are dead?



11. How come abbreviated is such a long word?
12. Why doesn't glue stick to the inside of the bottle?

- Submitted by **Sally Mauro**

*Barrels of Laughs!*

- \* A backward poet writes inverse.
- \* Dijon vu - the same mustard as before.
- \* Shotgun wedding: A case of wife or death.
- \* A hangover is the wrath of grapes.
- \* Sea captains don't like crew cuts.
- \* Does the name Pavlov ring a bell?
- \* Reading while sunbathing makes you well red.
- \* A chicken crossing the road is poultry in motion.



- \* Those who jump off a Paris bridge are in Seine.

- \* Marathon runners with bad footwear suffer the agony of defeat.



\*\*\*\*\*

*Wait for it, there are more....*

- \* My doctor asked if anyone in my family suffered from mental illness. I said, "No, we all seem to enjoy it."
- \* My bucket list: keep breathing.
- \* Just once I want a username and password prompt to say: "close enough."
- \* Being an adult is the dumbest thing I have ever done.
- \* I'm a multitasker. I can listen, ignore and forget all at the same time!
- \* Retirement to do list: Wake up. Nailed it!
- \* I don't have grey hair. I have wisdom highlights.
- \* My body is a temple. It's ancient and crumbling.
- \* Sometimes it takes me all day to get nothing done.
- \* Never laugh at your spouse's choices. You are one of them.



- Submitted by **Pat Ritter-Waltrup**

*The English Language....*

Sometimes I think all the English speakers should be committed to an asylum for the verbally insane.

We do speak a weird language! What follows begs the question: How did we ever learn to speak proper English? And, imagine trying to learn it as a second language!

Let's face it - English is a crazy language. There is no egg in eggplant, nor ham in hamburger; neither apple nor pine in a pineapple. English muffins weren't invented in England or French fries in France. Sweetmeats are candies while sweetbreads, which aren't sweet, are meat. We take English for granted. But if we explore its paradoxes, we find that quicksand can work slowly, boxing rings are square and a guinea pig is neither from Guinea nor is it a pig.

If a vegetarian eats vegetables, what does a humanitarian eat? In what language do people recite at a play and play at a recital? Ship by truck and send cargo by ship? Have noses that run and feet that smell? How can a slim chance and a fat chance be the same, while a wise man and a wise guy are opposites? You have to marvel at the unique lunacy of a language in which your house can burn up as it burns down, in which you fill in a form by filling it out and in which an alarm goes off by going on.

English was invented by people, not computers, and so reflects the creativity of the human race, which, of course, is not a race at all. That is why, when the stars are out, they are visible, but when the lights are out, they are invisible. *(Author of the above is unknown)*

- Submitted by **Dick DiBuono**



November 25th

Players meet at the Community Center, Wednesday and Friday at 1:30 PM.  
Contact person:  
**Pat Trask, 978-212-5201.**

